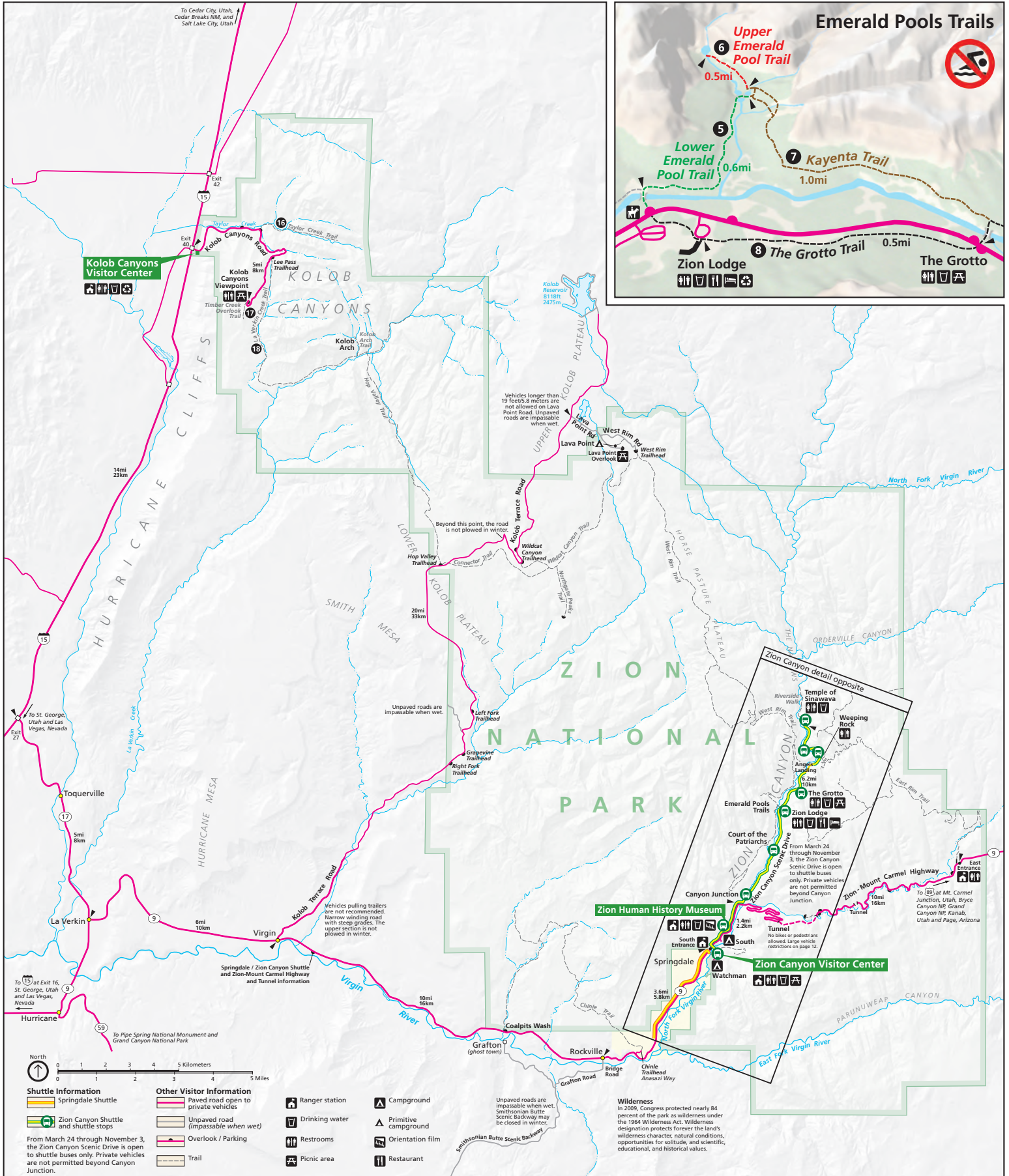
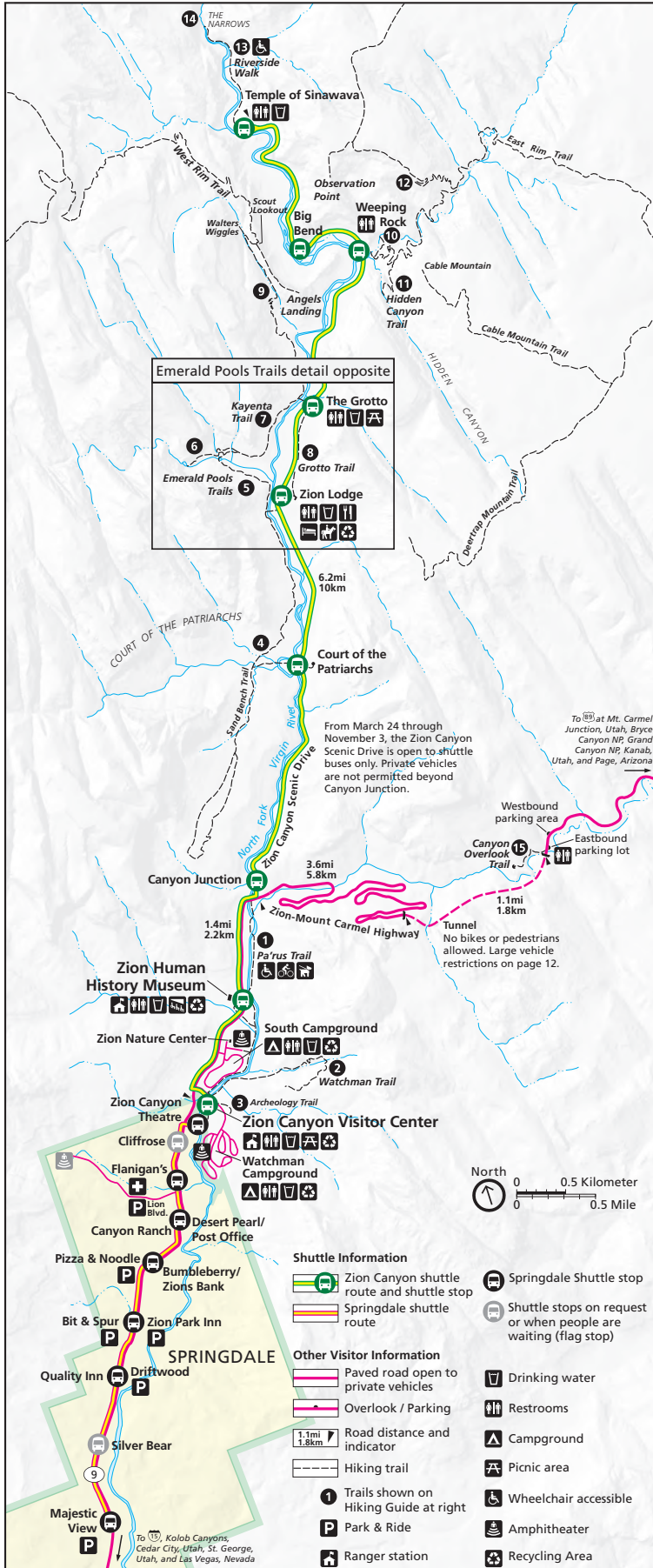


Zion National Park



Zion Canyon



Hiking Guide

Hike Location	Round Trip Average time mi / km	Elevation Change ft / m	Description
Easy			
1 Pa'rus Trail Zion Canyon Visitor Center	2 hours 3.5 / 5.6	50 / 15	Paved trail follows the Virgin River from the South Campground to Canyon Junction. Wheelchairs may need assistance.
3 Archeology Trail Zion Canyon Visitor Center	0.5 hour 0.4 / 0.6	80 / 24	Short, but steep. Starts across from the entrance to the visitor center parking lot. Climbs to the outlines of several prehistoric buildings. Trailside exhibits.
5 Lower Emerald Pool Trail Zion Lodge	1 hour 1.2 / 1.9	69 / 21	Minor drop-offs. Paved trail leads to the Lower Emerald Pool and waterfalls. Connects to the Kayenta and Upper Emerald Pool Trails.
8 The Grotto Trail Zion Lodge	0.5 hour 1.0 / 1.6	35 / 11	The trail connects the Zion Lodge to The Grotto. Can be combined with the Lower Emerald Pool and Kayenta Trails to create a 2.5-mile loop.
10 Weeping Rock Trail Weeping Rock	0.5 hour 0.4 / 0.6	98 / 30	Short, but steep. Minor drop-offs. Paved trail ends at a rock alcove with dripping springs. Trailside exhibits.
15 Riverside Walk Temple of Sinawava	1.5 hours 2.2 / 3.5	57 / 17	Minor drop-offs. Paved trail follows the Virgin River along the bottom of a narrow canyon. Trailside exhibits. Wheelchairs may need assistance.
Moderate			
2 Watchman Trail Zion Canyon Visitor Center	2 hours 2.7 / 4.3	368 / 112	Minor drop-offs. Ends at viewpoint of the Towers of the Virgin, lower Zion Canyon, and Springdale.
4 Sand Bench Trail Zion Lodge	5 hours 7.6 / 12.2	466 / 142	Commercial horse trail from March to October. Hike atop a massive landslide under The Sentinel. Deep sand and little shade.
6 Upper Emerald Pool Trail Zion Lodge	1 hour 1.0 / 1.6	200 / 61	Minor drop-offs. A sandy and rocky trail that climbs to the Upper Emerald Pool at the base of a cliff.
7 Kayenta Trail The Grotto	2 hours 2.0 / 3.2	150 / 46	Long drop-offs. An unpaved climb to the Emerald Pools. Connects The Grotto to the Emerald Pools Trails.
15 Canyon Overlook Trail Zion-Mt. Carmel Hwy	1 hour 1.0 / 1.6	163 / 50	Long drop-offs, mostly fenced. Rocky and uneven trail ends at viewpoint of Pine Creek Canyon and lower Zion Canyon. Parking lot is right turn only.
16 Taylor Creek Trail Kolob Canyons Road	4 hours 5.0 / 8.0	450 / 137	Limited to 12 people per group. Follows the Middle Fork of Taylor Creek past two homestead cabins to Double Arch Alcove.
17 Timber Creek Overlook Trail Kolob Canyons Road	0.5 hour 1.0 / 1.6	100 / 30	Follows a ridge to a small peak with views of Timber Creek, Kolob Terrace, and Pine Valley Mountains.
Strenuous			
9 Angels Landing via West Rim Trail The Grotto	4 hours 5.4 / 8.7	1488 / 453	Long drop-offs. Not for young children or anyone fearful of heights. Last section is a route along a steep, narrow ridge to the summit.
11 Hidden Canyon Trail Weeping Rock	3 hours 2.4 / 3.9	850 / 259	Long drop-offs. Not for anyone fearful of heights. Follows along a cliff face to the mouth of a narrow canyon.
12 Observation Point via East Rim Trail Weeping Rock	6 hours 8.0 / 12.9	2148 / 655	Long drop-offs. Climbs through Echo Canyon to viewpoint of Zion Canyon. Access to Cable Mountain, Deertrap Mountain, and East Mesa Trails.
14 The Narrows via Riverside Walk Temple of Sinawava	8 hours 9.4 / 15.1	334 / 102	Check conditions at the visitor center before attempting. High water levels can prevent access to The Narrows.
18 Kolob Arch via La Verkin Creek Trail Kolob Canyons Road	8 hours 14.0 / 22.5	1037 / 316	Limited to 12 people per group. Follows Timber and La Verkin Creeks. A side trail leads to Kolob Arch, one of the world's largest freestanding arches.

Stay on established trails and watch your footing, especially at overlooks and near drop-offs. Avoid cliff edges. Watch children closely. People uncertain about heights should stop if they become uncomfortable. Never throw or roll rocks because there may be hikers below.